

## Apple Bread Pudding

1 cup *unsweetened* applesauce  
1 cup fat-free milk  
½ cup brown sugar  
2 eggs  
1 teaspoon vanilla extract  
½ teaspoon ground cinnamon  
5 cups cubed 100% whole wheat bread  
½ cup chopped peeled apple  
½ cup whipped topping, *optional*

In a large bowl, combine the applesauce, milk, brown sugar, eggs, vanilla and cinnamon. Fold in bread cubes and apple; let stand for 15 minutes or until bread is softened.

Pour into an 8-in. square baking dish coated with cooking spray. Bake, uncovered, at 325° for 35-40 minutes or until a knife inserted near the center comes out clean. Serve warm with whipped topping, if desired. Refrigerate leftovers.

Adapted from [www.tasteofhome.com](http://www.tasteofhome.com)



### Formula Brand Change

Starting October 1, the brand of soy formula issued on WIC checks will change to Enfamil Prosobee. When the most recent formula contract went up for bid, the contract was split. Therefore, we will continue to provide Similac Advance, Similac Sensitive and Similac Sensitive for Spit Up. If your baby is on soy formula (currently Isomil), your October checks will reflect the change to Enfamil Prosobee. We will not be able to print Isomil checks after September 30. If you have questions, you can ask to speak with one of our Registered Dietitians.

### Please Note

We have been encouraged by our state WIC office to provide clients with 3 months of checks when possible. Sometimes this will mean that you or someone in your family will have checks beyond the date of your next appointment. Please keep this appointment time or call to re-schedule if you are unable to make it. At your appointment, you will be given additional checks. If you have been asked to call back for your appointment, please call at least 2 weeks before your checks end.

### Office Closures

September 3—Labor Day  
September 28—Staff Meeting  
October 8—Columbus Day  
October 31—Staff Meeting  
November 11—Veteran's Day  
November 22—Thanksgiving Day



## WIC Newsletter

# September/October 2012



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# Whole Wheat Bread

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There is a change coming to the Idaho WIC Authorized Food List. Starting on October 1, you will be able to purchase ANY BRAND of 100% whole wheat bread with your WIC checks. Prior to October 1, there were only certain brands you could buy. The loaf size will continue to be 16 ounces.

Choosing a bread that is 100% whole wheat can be confusing because of some tricky wording on food labels. Here are some things to watch for:

- “Made with whole grain” means it contains some whole grain, but not much.
- “100% wheat” does not mean 100% whole wheat. This just means the only grain used is wheat.
- “Multigrain” means it contains more than one kind of grain, but they may not be whole grains.

Look at the food label, not at the color of the bread.

- Look for **100% whole wheat** on the front label when choosing breads.

- Not all brown bread is 100% whole wheat.
- Look for the foods with a whole grain listed as the first ingredient.

Below is an example of an ingredient list from a bread that is 100% whole wheat.

*Ingredients:* whole wheat flour, water, brown sugar, yeast, wheat gluten, soy-bean and/or canola oil, salt.

In summary, when purchasing bread with WIC checks after October 1, the bread:

- Must have “100% whole wheat” on the front label of the package. *You may also look for “whole wheat” as the first ingredient in the bread*
- Must be a 16 ounce loaf
- Can be ANY brand, including the store brand



## Whole Grains are Better!

***Give yourself and those you love the goodness of whole grains.*** Make at least half of the grains you eat whole grains – such as bread, tortillas, pasta and cereals.

### ***Whole grains make a difference.***

Whole grains help keep your heart healthy and are good for digestion and a healthy weight.

### ***Start them early with whole***

***grains.*** It’s easy to get your kids in the habit of eating and enjoying whole grains if you start when they are young. Whole grains give your kids B vitamins, minerals and fiber to help them be strong and healthy.

### ***Happy Kids, Happy Tummies.***

Serve your little ones whole grain versions of their favorite bread, cereal or pasta. It’s a simple way to help them eat more whole grains. And, eating more whole grains that are higher in fiber can make potty time easier, too.

